



Birth Preferences



Name:

Pronoun:

Birth Partner:

Pronoun:

Contact:

Estimated Due date

Preferred place of birth:

We are focused on a calm and empowering Hypnobirth

Pain Relief:

Environment:

Preferred Position/s for Labour:

Third Stage:

Golden hour:

Alternative Plan

Labour ward:

Assisted delivery:

Unplanned C-section:

Induction:

Things for you to think about/include in your birth preferences:

- Membrane sweeps
- Senses (see/hear/taste/smell/feel)
- When to go to your birth place (if not home)
- Use of pool/bed/positions
- Vaginal examinations
- Artificial rupture of membranes
- Pain relief (entinox, pethidine, diamorphine, epidural)
- Monitoring 'post term'
- Coaching during 2nd stage
- Third stage (physiological or managed)
- Optimal cord clamping (and who to cut cord)
- Golden hour (undisturbed, skin-to-skin, breastfeeding)
- Vitamin K

Induction preferences:

- Induction by membrane sweep
- Induction for pot dates
- Induction if labour doesn't start after release of membranes
- Any artificial intervention of any kind
- Any augmentation of labour

C-section preferences:

- Senses (see/hear/taste/smell/feel)
- Gentle section
- Skin-to-skin
- Optimal cord clamping